

Cajun Gumbo (Crock Pot)

2 Boneless Chicken Breasts	6 Celery Ribs Diced into Cubes
2 TBSP Olive Oil	1 ½ Sweet Onion Chopped
½ Lb. Hot Italian Sausages	28 Oz. Diced Tomatoes
1 Cup Additional Olive Oil	1 Green Pepper Diced
1 Cup All-Purpose Flour	1 ¼ Cups Parsley Chopped (1 Bunch)
5-7 Gloves of Garlic Freshly Minced	4 TBSP Creole Seasoning
8-10 Cups Chicken Broth	½ Lb. Frozen Cooked Shrimp
12 Oz. Dark Beer	

Remove any skin and bone from chicken breasts. Cut each breast in half. Heat the 2 TBSP olive oil in a large cast iron skillet over medium heat. Cook the chicken breasts in the oil until the chicken is lightly browned, inside is no longer pink and the juices are running clear. Add the sausages and cook until sausages are browned all around. Remove chicken and sausages. Drain all on paper towel. Set aside, cover to keep warm. Make a roux with the 1 cup olive oil and 1 cup flour. Heat the oil in the large cast iron skillet over medium heat until quite warm. Add the flour ¼ cups at a time. Blend well, and then add additional flour. Stir continually. When the roux is browned and bubbly, stir in minced garlic. Cook 2 minutes. Stir to blend well. Remove from heat. Add all the chicken broth and beer to large crock pot. Blend in the hot roux from the skillet. Chop the chicken and sausages into a large dice. Add to crock pot. Add remaining ingredients, except shrimp. Cook in crock pot on low for 7 to 9 hours. 30 minutes before serving, add the shrimp.

Creole Seasoning

4 TBSP Paprika	2 TBSP Cayenne Pepper
2 TBSP Onion Powder	1 TBSP Dried Thyme
2 TBSP Garlic Powder	1 TBSP Freshly Ground Black Pepper
2 TBSP Dried Oregano	1 TBSP Ground White Pepper
2 TBSP Dried Basil	

Mix all well together to blend. Store in zip lock bag in dark cabinet at room temperature.